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Your essential daily news | TUESDAY, JANUARY 19, 2016

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In his NHL debut, JC Lipon of the Winnipeg Jets battles with Jack Skille of Colorado. GETTY IMAGES



**SHORT
ON FUEL**

Colorado Avalanche beat out Jets 2-1

metroSPORTS

Complex sees boost

DEVELOPMENT

**Funds would go
to True North
Square's public
plaza, amenities**



**Stephanie
Taylor**
Metro | Winnipeg

Together, the province and city plan to spend \$26.6 million in tax financing towards the development of public spaces around True North Square — a \$400-million complex planned for Winnipeg's downtown.

The announcement was made Monday at the RBC Convention Centre, with Premier Greg Selinger, Mayor Brian Bowman and CEO of True North Sports and Entertainment, Jim Ludlow, espousing how a new "world-class" park plaza would be the first-of-its-kind for the city.

"It's going to be one of the most exciting venues for people down-

town," Selinger said. He said a commitment of \$17.6 million has already been made under the existing agreement — an incentive that offers tax increment financing to developers looking to build in an 11-block area of downtown.

Committing an additional \$9 million is still subject to council approval, Bowman said. "My sense so far is that council is supportive, but we need to see the administrative report and council needs to have an opportunity to see the details."

Bowman said the \$9 million would go towards public amenities in "surrounding blocks," while the \$17.6 million would focus on developing two acres of public plaza within True North Square.

"(True North) is investing \$400 million in private investment. Our \$17 million plus another potential \$9 million will leverage all of those investments in the private sector," Selinger said.

True North says details on a five-star hotel planned for the square will be released next month.



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SCHOOL OF
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Province names lake in honour of fallen Mountie

RCMP
'Geographic'
tribute the first
of its kind, says
attorney general



Braeden Jones
Metro | Winnipeg

A previously unnamed northern lake was named after a fallen RCMP officer Monday, marking the province's first commemorative naming of that kind.

The body of water 45 minutes North of Flin Flon is now officially named after RCMP Const. Dennis Strongquill — who was killed in the line of duty on Dec. 21, 2001.

Attorney General Gord Mackintosh said it was "the first tribute to a fallen officer by way of the geographic names program in Manitoba."

"Today we mark the beginning of an expansion of that program so that we also recognize all the peace officers and front-line responders," he said. Strongquill's daughter, Teresa Strongquill, said it was "quite the honour."

She and the rest of Strongquill's family were consulted on the selection of the lake, and chose it for the proximity to where the officer was laid to rest in the Porcupine Mountains, near Barrows where he grew up.

"It's just ironic, it's similarly shaped to a quill, our last name being Strongquill," she said. "Kind of fitting it all worked out."

Assistant Commissioner Kevin Brosseau of the RCMP said the naming was a "humbling honour."

"Today's (naming) ceremony permits us to recognize and understand Dennis gave his life in the pursuit of a safe and secure Manitoba, where it still means something for people of courage and character to step up and put their lives on the line for us," he said.

Manitoba has named thousands of lakes, islands and other geographic locations after people — most of them soldiers killed in war. The province has also honoured others in the same way, such as hockey star Jonathan Toews, the Queen's six grandchildren and Manitoba residents who have helped in community development.

WITH FILES FROM THE CANADIAN PRESS



Teresa Strongquill joins the province and RCMP in commemorating her father, Const. Dennis Strongquill — who was killed in the line of duty on Dec. 21, 2001 — with the naming of a quill-shaped lake near Flin Flon. **BRAEDEN JONES/METRO**

WHAT'S GOOD

Avoid bingeing Making a Murderer



Ace Burpee

Let this be a warning: Watch Making a Murderer if you wish, but in doing so, you are voluntarily subjecting yourself to a bunch of feelings you normally try and avoid.

The ridiculously enormous Netflix series will leave you feeling frustrated, angry, sad, hopeless, annoyed, and pretty much every other emotion that is not awesome. You might feel left out at work right now as you haven't watched it. It might be better to keep it that way. Here's some proof if you need it: I got all wound up about Making a Murderer the other day and got a bunch of these type of emails:

"Well, my friend, I avoided Making a Murderer until I heard you yapping about, talking it up, singing its praises as binge-worthy, so I watched it. I watched them all and now I am a flusterball! I am so mad! I am so wound up and such a bitter biscuit now that all I can do is go to bed. I can't turn this around. My weekend has been consumed by Making a Murderer. I have no happy closure and all I can do is write this email! Shame on you. T.E."

She's totally right. It may be one of the most fascinating, riveting, binge-worthy, compelling, and brilliant series of all-time ... but perhaps you should skip it. Save yourself. Walk away.

Today's ceremony permits us to recognize and understand Dennis gave his life in the pursuit of a safe and secure Manitoba.

Kevin Brosseau

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AIRLINE

NewLeaf suspends ticket sales

Airline startup NewLeaf Travel is temporarily postponing ticket sales pending a Canadian Transportation Agency review of licensing regulations.

The Winnipeg-based company says it will refund all credit card transactions for reservations on flights that were scheduled to begin Feb. 12.

NewLeaf, which earlier this month announced with much fanfare its plans to launch discount flights, says it plans to resume taking reservations in the spring.

The CTA is reviewing whether

indirect air service providers, or those who do not operate any aircraft but market and sell air services to the public, should be required to hold agency licences.

NewLeaf says the review applies to all companies operating in this manner and is not limited to NewLeaf's partnership with Kelowna, B.C.-based Flair Airlines Ltd., under which it plans to offer cheap flights out of seven airports in five provinces.

CEO Jim Young has said NewLeaf does not need a licence because Flair, its operating partner, has one.

Young said the reason why the company launched on Jan. 6 was because it was confirmed that NewLeaf was in full compliance with CTA licensing regulations.

"The CTA gave us an exemption from holding a licence directly while it reviews its legislation," he said in a statement Monday.

"Now, there is ambiguity in the air as to whether we need to amend the relationship with our air service provider, or whether we need to have a licence ourselves," he continued.

THE CANADIAN PRESS

COUNCILLOR

Police board lifts Eadie suspension

One Winnipeg councillor is allowed to resume his duties as a member of the city's police board, after a drunken night last November landed him a suspension.

A release issued by the police board on Monday says its members concluded their inquiry into Coun. Ross Eadie's behaviour, and found that he did not act in such a way that either breached the board's code of ethics or compromised its integrity.

A conclusion was reached during a private meeting with Eadie on Monday, the board says.

The board began its inquiry after it became known Eadie,

+ DETAILS

Eadie does not remember much of what happened, but says he may have been belligerent to police officers during the incident.

who admits to drinking heavily with friends, passed out in the back of a taxi in the early hours of Nov. 7, 2015.

After the driver was unable to wake him, Eadie says, police were called and he was taken to a drunk tank to sleep it off.

METRO

TORONTO TRIAL

Guilty verdicts in Freeman murder

Jurors in Toronto have found two men guilty of murdering a woman who came to the city from Winnipeg.

The body of 23-year-old Leanne Freeman was found in Toronto's Port Lands area in November of 2011. She'd been shot five times.

Jonathan Ash and Robert Beauregard were arrested two

weeks later, and on Saturday both were found guilty of second-degree murder.

The jury took four days to reach its verdict.

A sentencing date has not yet been scheduled.

During the trial, the court was told that Ash, Beauregard and Freeman all used the drug crystal meth. THE CANADIAN PRESS

HEALTH

Winnipeg smoking at lowest rate in a decade

Fewer Winnipeggers smoke today than in the past decade, according to numbers released Monday.

National non-smoking week is Jan. 17-23, which prompted Peg — a community indicator led by the International Institute of Sustainable Development and United Way of Winnipeg — to take a

look at the city's smoking demographic.

Peg found 16.1 per cent of Winnipeggers self-identified as smokers in 2014, a significant reduction from 22.4 per cent in 2003.

Despite year-over-year fluctuations, Winnipeg has seen an overall decrease in the last 10 years, during which the high was 23.3 per cent in 2008. METRO



The Cybertip call centre is staffed with digital experts who know how to get intimate images offline quickly. BRAEDEN JONES/METRO

New legislation helps revenge-porn victims

JUSTICE

Province's civil law response supplements criminal one



Braeden Jones
Metro | Winnipeg

Provincial legislation that came into force last week gives victims of revenge porn and unwanted image sharing more mechanisms to end their torment.

During a government announcement of the Intimate Image Protection Act, the mother of a victim — who asked not to be named — explained how

“devastating the damage can be when young people are violated in this way.”

Unable to read through tears, the mother's address was conveyed through a Canadian Centre for Child Protection (C3P) spokesperson, who continued to emphasize how her daughter's photos being shared hurt “both her emotional and physical well-being” daily.

In that case, there have been criminal convictions. Now in Manitoba, a nation-leading approach allows for a civil law response, too.

“It's good to supplement federal criminal law with civil law,” said Justice Minister Gord Mackintosh. “This law puts in place a new civil law so Manitobans who are victimized, by revenge porn for example, can

now sue.”

He explained the legislation allows provincial courts to order damages, payment of profits from image distribution and other consequences, including publication bans and injunctions to cease distribution.

“When Manitobans are tormented and extorted in this way, we can now say to them, ‘We're on your side,’” Mackintosh said.

In addition to announcing the legislation coming into force, Mackintosh also reaffirmed the government's faith in C3P and its CyberTip program — the first contact for Manitobans dealing with unwanted distribution of sexual pictures.

CyberTip director Signy Aronson said CyberTip has had success removing unwanted

350

The number of reports Cybertip has received since March 2015.

65%

The amount of those reports including images with identifiable youth.

images “within a day,” and new provincial funding of \$175,000 annually will allow her to hire more analysts to manage tips.

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TRANSIT TUESDAY

Weekly Transit News Update



TRANSIT CODE OF CONDUCT NOW IN EFFECT

Winnipeg Transit recently adopted a Transit Code of Conduct to promote the safety and well-being of employees and passengers while on transit property.

The following Transit Code of Conduct, finalized in December 2015 and based on Transit By-Law No. 89/2014, was created to encourage appropriate behaviour and conduct while using transit services.

- Threats or assaults will not be tolerated;
- Riders must pay applicable fare and comply with all fare terms and conditions;
- Do not cross the safety line near the front of the vehicle while the vehicle is in motion;
- No smoking, littering, spitting, vandalism, or graffiti;
- No consumption of alcohol, illegal drugs or inhalation of solvents;
- Do not disturb, annoy or interfere with any other person, includes loud, foul, insulting, abusive or inappropriate language;
- Do not place feet on bus seat, spill food or beverages or create any unsanitary condition;
- No soliciting, selling or distribution of merchandise or printed materials;
- Do not impede the movement of passengers or employees;
- Any item which may cause an obstruction or unsafe condition is not permitted;
- No unlawful carrying of firearms or restricted weapons, explosive, flammable, or toxic material;
- Do not extend any body part or object through bus window or door;
- Service animals are allowed, all other animals must be in a closed carrier.

Any person who fails to comply with Transit By-law 89/2014 may be found guilty of an offence and upon conviction may be subject to a fine and/or may be restricted from using the service in the future.

For more information about The Code of Conduct and Transit By-Law 89/2014, please visit winnipegtransit.com

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Alyssa Selman says learning to do things like bend over and pick something up off the floor has been difficult, but she is determined to ride again. THE CANADIAN PRESS

Jockey wants to get back in the saddle

RECOVERY

Paralyzed in a horse race, mom wants to ride with child

A Manitoba jockey paralyzed during a horse race wants to ride again.

Alyssa Selman says she hopes to one day buy a saddle that will allow her to ride a horse.

The mother of two young children fell during a race in

June, when the horse she was riding clipped its heels and tumbled.

Doctors told Selman she had a five per cent chance of walking again, and she says that since that time, there has been no update on her chances of regaining mobility.

Donations have paid a sizeable portion of the down payment on a wheelchair-accessible house she moved into in November, and there is also space for Selman's horses on the property.

She says a big goal would be to ride on the trails with her

four-year-old daughter.

"For a long time I said I would never ride again because I can't do it the way I used to," said Selman from her new home near Carman, Man.

"Recently, I've decided maybe I'll give it a try, a shot. Maybe I will try it."

Selman spent three months in hospital after the accident.

She said she is now starting to master everyday tasks around the house, such as picking up toys, cooking and laundry. She has also inquired about learning to drive. THE CANADIAN PRESS



For a long time I said I would never ride again because I can't do it the way I used to.... I've decided maybe I'll give it a try.

Alyssa Selman

INFRASTRUCTURE

Council demands more info on underpass



Stephanie Taylor
Metro | Winnipeg

Winnipeg councillors blasted city administration for asking them to rubber stamp \$155-million worth of plans to build a new Waverley underpass — a project now faced with potential delays.

The matter was brought before a special meeting of the city's committee on infrastructure renewal and public works Monday.

An administrative report

requested the committee approve adding the multimillion-dollar underpass project at the railway crossing of Waverley Street and Taylor Avenue to the list of 2016 capital projects.

Staff also sought permission to ink funding agreements with the province and federal government — which has yet to approve the project "in principle" — as well as to negotiate and award as much as a \$12.3-million engineering contract to Dillon Consulting.

However, several committee members rapped administration for the lack of updates

staff has given leading up to Monday's meeting.

"The way the administration is briefing me, it's affecting my decision-making process," Coun. Devi Sharma said.

"I'm not able to do my job properly."

The city's chief administrative officer Doug McNeil explained details of the project were only finalized in December.

He cited other challenges that included changes to the meetings schedule and the federal government's lack of communication during the fall election.

McNeil and staff also underscored the importance of moving the project along to receive council approval at next week's meeting in order to ensure all construction timelines are met for the underpass to be completed by 2019.

"We have such a tight schedule, if we miss this council meeting we could potentially lose a year," McNeil said.

Despite the administration's warning, Monday's committee voted in favour of setting aside the issue for up to 60 days to allow for council to be fully briefed.

A 120-year-old's birthday wish

MILESTONE

One of oldest persons alive yearning to meet Trudeau

Cicilia Laurent is a woman who has lived in three centuries, from before the discovery of human flight to Haiti's devastating earthquake in the new millennium.

To mark her birth on Jan. 31, 1896 — something that, if verified, would make her the second-oldest person ever — Madame Laurent would like nothing more than to meet Prime Minister Justin Trudeau.

"Will he come see me?" she asked last weekend. "I would be so happy. Before I die I would be so happy to meet him. I'm waiting and you can let me know if it's going to happen."

If the Liberal leader's audience is anything like Torstar News Service's recent visit with her, she will offer Trudeau, his wife and children lots of prayers for their health and wealth. He will also undoubtedly be invited to recite scripture, following Laurent's

devout evangelical lead.

She will hold his hands, touch his face, laugh and share her contagious optimism in a tough-to-decipher Haitian Cr  ole, translated into French by one of her children or grandchildren.

But one special request is certain. The woman who could pass for the matriarch of humanity would like special permission for her beloved grandsons in Haiti, Patrick and Joel, to come see her in Canada, possibly for the last time.

"You don't know how important they are for her," says Laurent's grandson, Ronald Cherri.

It is an achingly real wish in Laurent's dwindling world. One in which it is becoming harder to hear, harder to see and harder to recall what happened 10 years ago, 30 years ago or even a century ago.

The other ache is in her legs. After nearly six years in the country, they still flare up in the frigid winters, she said.

"I love Canada but it's the cold that I don't like. It's a great country."

Laval, just north of Montreal, has been home for Laurent since shortly after the deadly 2010 earthquake in



1 Cicilia Laurent at home in Laval, Que. Born in Haiti on January 31, 1896, Cicilia will turn 120 years old this year. 2 Cicilia and her great-grandson, Christian. 3 A photo of Cicilia when she was a young 112 years old.

Haiti. All around her, she recalled, houses crumbled and were flattened. Many neighbours and friends died.

So who is Cicilia Laurent? According to a 2005 document provided to Torstar News Service that is known as a late declaration of birth, she was born 120 years ago on Jan. 31 to Erzulie Laurent in the village of Pestel, about 300 kilometres west of Port-au-Prince.

Laurent now has trouble discerning how long ago things happened, but said some of her earliest memories are of making clothing and dolls.

"I still make them to this day," she said. "You just have to bring me some cotton and I can continue to make them."

Later in life, Laurent said she made a living selling in Port-au-Prince's markets.



"I don't argue with anyone. I never get angry. I never fight. And I'm a Christian, so if someone is sick I pray for them."

Cicilia Laurent

OTTAWA CITY HALL

Sing us a song, Sophie

The audience for Martin Luther King Day at Ottawa City Hall got an unexpected bonus Monday when Sophie Gregoire-Trudeau offered an impromptu a cappella rendition of a song she wrote for her daughter.

The prime minister's wife was a guest speaker at the city's annual Martin Luther King Day event, but decided to go beyond simple remarks.

In a video clip posted on various media sites, Gregoire-Trudeau said she was inspired by singers earlier in the program and wanted to offer something of her own.

"It's not planned, trust me," she said.

"I am going to sing you a song that I wrote for my daughter Ella-Grace at a moment when I was going through a difficult time and where I remind myself of all the hope that there is in one's life and all the hope that there is in life."

She launched unaccompan-



Sophie Gregoire-Trudeau SCREENGRAB/YOUTUBE

ied into the song, titled "Smile Back at Me."

When she finished the short, bluesy tune, she was rewarded with a standing ovation from the guests, including former prime minister Joe Clark.

Clark was on hand to receive the DreamKeepers lifetime achievement award.

Gregoire-Trudeau, meanwhile, is no stranger to sing-

"It's not planned, trust me."

Sophie Gregoire-Trudeau

ing on camera. In December, she and her husband recorded themselves singing "Jingle Bells" in a clip posted on YouTube. THE CANADIAN PRESS

IN BRIEF

Infrastructure will help economy: Morneau

As bad economic news rattles nerves on stock markets and in the oil patch, the Liberal government is determined to project a stay-the-course approach. Finance Minister Bill Morneau said the government is casting about for infrastructure projects that "will enhance the long-run productive capacity of the country."

THE CANADIAN PRESS

Housing bottlenecks halt acceptance of refugees

Vancouver and Ottawa, are taking a break from accepting any more government-assisted Syrian refugees as agencies in both cities try to work through housing bottlenecks. A surge of arrivals in the last month filled temporary housing to capacity.

THE CANADIAN PRESS

JUSTICE SYSTEM

Jury representation needs review: Expert

A renowned indigenous legal advocate hopes a court's dismissal of a challenge over representative juries in Alberta doesn't kill what she calls a "critically important" conversation.

In a decision made on Jan. 7 — and released this week — Court of the Queen's Bench of Alberta Justice B.R. Burrows dismissed an application by Jeremy Newborn, an indigenous man facing trial in April on second-degree murder charges.

Burrows' decision is a tough one to take for Muriel Stanley Venne, chair of the Aboriginal Commission on Human Rights and Justice, which intervenes in cases of discrimination in the justice system.

"It seems that part of the democratic process has been left out," she said of juries

and having faith in God.

But the proof of her extraordinary birth date is not solid enough for her to assume her title as the world's oldest living person, a crown currently worn by New York's Susannah Mushatt Jones, who has been verified by the Guinness World Records as being born on July 6, 1899, making her 116 years old.

TORSTAR NEWS SERVICE

that try indigenous people in Alberta.

When it comes to indigenous people on them, "there isn't any," Stanley Venne said. "Who sits on the juries should be reviewed."

Newborn was charged in connection with a 2012 beating death on the LRT.

"It seems that part of the democratic process has been left out."

Muriel Stanley Venne

Beginning in 2014, his lawyers challenged the court about the composition and fairness of the jury that's been assembled to try him.

TIM QUERENGESSER/METRO

AFGHANISTAN

Nations ask Taliban to rejoin peace talks

Representatives from four countries gathered in Kabul on Monday to call on the Taliban to resume peace talks with the Afghan government.

Senior officials from Afghanistan, Pakistan, China and the United States met for most of the day at the Presidential Palace amid tight security, a week after a first round of discussions in the Pakistani capital, Islamabad.

In a joint statement released by the Afghan Foreign Ministry, they said the talks "made progress on a road map toward initiating peace talks with Taliban groups. It said they hope to bring the two sides together for talks "aimed at reduction of violence and establishing lasting peace in Afghanistan and



The first step is to formulate a road map.

Abdul Hakim Mujahid of Kabul's High Peace Council

the region."

The four-nation group "called on all Taliban groups to enter into early talks with the Afghan government," and agreed to meet again in Islamabad on Feb. 6. The insurgents are not represented at the talks.

An official close to the process said that another two "preparatory" meetings are expected to take place. THE ASSOCIATED PRESS

SCIENCE

New NASA satellite to track rise of sea level

NASA has launched a satellite into orbit that it says will be able to measure the rise in sea level across 95 per cent of the Earth's ice-free oceans and help scientists predict extreme weather events linked to global warming.

The Jason-3 satellite was launched aboard a rocket in California on Sunday and it will be fully operational after a six-month testing phase, the U.S. space agency said in a statement.

Joining its predecessor, Jason-2, launched in 2008, the satellite will track the height of the sea level, the speed and direction of ocean currents and tides, and collect information about solar energy stored in

the ocean.

They will help climate specialists forecast the strength of extreme weather events, such as tropical cyclones, NASA said.

Jason Thistlethwaite, an assistant professor of business and environment at the University of Waterloo in Ontario, said the rise in sea level is "the greatest physical and economic threat from climate change."

"Reducing our uncertainty around the impacts of sea-level rise and extreme ocean weather will go a long way to reducing our vulnerability to the economic and social impacts of extreme events on our coastlines," he said. TORSTAR NEWS SERVICE



A young girl wades in the water where a kitchen once stood, as rising sea levels push into the waters of Senegal's Saloum Delta.

JANE HAHN/THE ASSOCIATED PRESS

IN BRIEF

Germany: Sexual-assault suspect in custody

A 26-year-old Algerian man has become the first person arrested in connection with a string of sexual assaults during New Year's celebrations in Cologne that sparked a debate about Germany's ability to integrate migrants. THE ASSOCIATED PRESS

French president declares economic emergency

French President Francois Hollande pledged Monday to redefine France's business model and declared "a state of economic and social emergency," unveiling a \$2.2-billion US plan to catch up to the global economy. THE ASSOCIATED PRESS



BURKINA FASO BUSINESSES REOPEN AMID BEEFED-UP SECURITY

A soldier stands guard outside the Splendid Hotel in Ouagadougou, Burkina Faso, on Monday. In the wake of a weekend attack that killed up to 32 people, security was increased across the capital city as businesses and banks reopened. The nation also announced a joint effort with neighboring Mali in the fight against Islamic extremists in the West African region. SUNDAY ALAMBA/THE ASSOCIATED PRESS

British parliament polarized on Trump

EUROPE

MPs slam U.S. presidential hopeful; most opposed to ban

Donald Trump doesn't have many fans in Britain's Parliament.

But a debate among lawmakers on calls to ban Trump from the country revealed little appetite to close Britain's doors to the provocative Republican U.S. presidential contender.

During a three-hour debate Monday, legislators from Britain's main parties stood to call

Trump an attention-seeker, a demagogue and a fool. Many, though, argued that he should not be stifled or banned.

"While I think this man is crazy, while I think this man has no valid points to make, I will not be the one to silence his voice," said Conservative lawmaker Tom Tugendhat.

Parliament took up the topic after half a million people signed a petition calling for Trump to be excluded over his call for a temporary ban on Muslims entering the U.S. in the wake of extremist violence. Trump has also claimed that some areas of Britain are so radicalized that police fear for their lives.



Donald Trump is a fool. He is free to be a fool. He is not free to be a dangerous fool on our shores.

Jack Dromey, Labour Party member of parliament

Labour Party legislator Paul Flynn, who opened the session, said Trump had already received "far too much attention."

"The great danger by attacking this one man is that we can fix on him a halo of victimhood" and boost his popularity among supporters, Flynn said.

Prime Minister David Cameron has condemned Trump's remarks about Muslims as "divisive, stupid and wrong," but he and other senior officials have

said they do not think Trump should be banned.

The government has the power to deny entry to people with criminal convictions or those whose presence is considered not "conducive to the public good." The power has been used against figures as diverse as boxer Mike Tyson, rapper Tyler the Creator, radical Muslim preachers and the late Christian fundamentalist Fred Phelps Sr. THE ASSOCIATED PRESS

SYRIAN REFUGEES

UN agency chief seeks mass resettlement

The new chief of the UN refugee agency said Monday the world should find a fairer formula for sharing the burden of Syria's crisis, including taking in tens of thousands of refugees from overwhelmed regional host nations.

Filippo Grandi, who assumed his post earlier this month, heads an agency grappling with mounting challenges as Syria's five-year-old civil war drags on. Humanitarian aid lags more and more behind growing global needs, including those caused by the Syrian conflict.

More than 4 million Syrians

have fled their homeland, the bulk living in increasingly difficult conditions in neighbouring countries such as Jordan and Lebanon, while hundreds of thousands have flooded into Europe.

Grandi came to Jordan after a stop in Turkey. Later this week, he is due in Lebanon. He visited the Zaatari refugee camp in Jordan after meeting with King Abdullah II in the capital, Amman.

His agency, UNHCR, hopes to raise money for refugees at a London pledging confer-

ence in February, followed by an international gathering in March in Geneva where countries would commit to taking in more refugees.

"I think we need to be much more ambitious" about resettling refugees, Grandi said.

"What is needed is a better sharing of responsibilities internationally," he said.

Hundreds of thousands of refugees entered Europe in 2015, often with the help of smugglers who ferried them across the Mediterranean in dangerous voyages. THE ASSOCIATED PRESS



This Syrian girl was among the refugees who met the new UN agency chief on Monday.

RAAD ADAYLEH/THE ASSOCIATED PRESS

Jeans, beer costlier than oil

ENERGY

Crude at near 12-year low on fears Iran will open floodgate

Just how cheap is oil these days? Not only does a standard steel drum barrel cost more than three times the 42 gallons of crude that could go in it, the actual lid now costs more, too.

"Yeah, that's interesting — and cute too," said Avery Shenfeld, chief economist at CIBC World Markets, with a chuckle.

In fact lots of everyday items, from pizza to Levi's to a two-four cost more than 'black gold' these days, thanks to the tanking Brent crude price, which dipped below \$28 US a barrel in London Monday.

Oil traded near 12-year lows

after the lifting of international sanctions on Iran paved the way for increased supply amid a global glut, Bloomberg News reports.

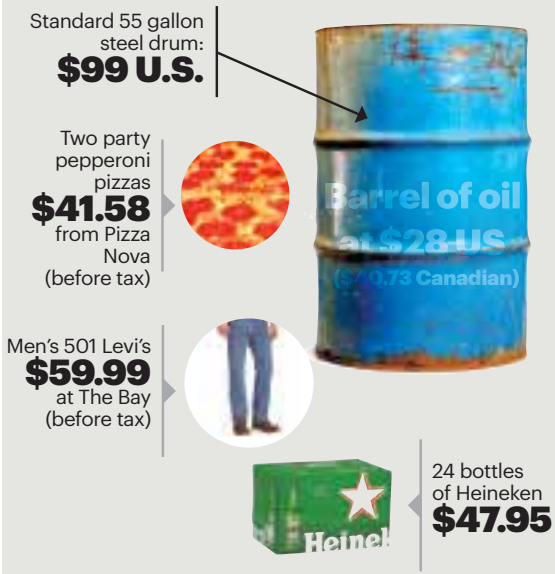
Iran is beginning efforts to boost output and exports by 500,000 barrels a day now that restrictions have ended, Amir Hossein Zamaninia, deputy oil minister for commerce and international affairs, said Sunday.

"Clearly, what is happening is that markets are continuing to be quite anxious about the possibility that we will see Iran bring back quite a bit of oil," said Bart Melek, the head of commodity strategy at TD Securities in Toronto. "This probably

is a little quicker than people thought."

Iran, which was OPEC's second-biggest producer before sanctions were intensified in 2012, is trying to regain its lost market share and doesn't

THINGS THAT COST MORE THAN OIL



intend to pressure prices, officials from its petroleum ministry and national oil company said this month.

Shenfeld said that prices for raw materials are much more volatile than manufactured items, so when a commod-

ity plunges the way oil has over the last year, the effect is far more pronounced. It's lost 21 per cent of its value this month alone.

"Oil has fallen a long way, so it makes sense" that it can now be compared to restaurant food and clothing, he said.

The veteran economist noted the price per barrel of crude was roughly comparable to everyday items in the '80s, too.

(The steel drum that is frequently seen to depict an oil barrel is actually a 55-gallon container, but it's not what is used to transport and deliver oil. Most is transported by pipeline or tanker. Today, a barrel of oil is simply a measurement — not a description of a container.)

Meanwhile, gold is rebounding this year as China's economic slowdown triggered global market turmoil and sparked demand for haven assets. The old adage that an ounce of gold is roughly equal to the price of a nice men's suit holds true if you shop at Harry Rosen and favour Hugo Boss.

TORSTAR NEWS SERVICE

SURVEY

Millennials clueless on RRSPs

Nearly a third of young Canadians admit they are "not at all knowledgeable" about retirement savings plans, according to a survey done for TD Bank.

The report also suggested that a large proportion of those aged 18 to 33 are uninformed about what registered retirement savings plans can and cannot be used for.

Only half knew that money in an RRSP could be used to help buy their first home, while just 28 per cent knew it could be used to help further their education later in life under the lifelong learning plan.

The survey also found that 64 per cent were unaware that RRSP savings could not be used to make a charitable donation and 60 per cent mistakenly believed that they could be used to pay childcare expenses.

"The interesting thing with millennials is they do prioritize retirement as important ... but often don't know how to get started," said Linda MacKay, at TD Canada Trust.

THE CANADIAN PRESS

market minute

	DOLLAR 68.70¢ (-0.12¢)
	TSX 11,942.17 (-131.29)
	OIL Closed for holiday
	GOLD Closed for holiday
NATURAL GAS: \$2.124 US (+2.4¢)	
DOW JONES: Closed for holiday	

IN BRIEF

Richest 62 people own half the wealth: Oxfam

As the political and business elite head for this week's World Economic Forum in Davos, a report from Oxfam says just 62 people own half the world's wealth. That compares with 388 five years ago. THE ASSOCIATED PRESS

INVESTING

BMO first to launch robo-adviser service

The Bank of Montreal has launched an online portfolio manager, making it the first of the big five banks to wade into the "robo-adviser" business.

The service, dubbed SmartFolio, is available to all investors starting Monday.

Other large Canadian banks

have hinted they're considering a foray into online investment advice. BMO elected to build the product in-house rather than partnering with a financial technology firm as some of the other banks are expected to do.

The launch of SmartFolio responds to concerns that banks

risk losing market share if young, tech-savvy millennials ditch traditional banking in favour of fintech startups that offer low-cost, online investment management services.

Typically, clients without enough assets to warrant hiring a full-service investment

adviser have had few options besides mutual funds. Robo-advisers such as WealthSimple, NestWealth and WealthBar aim to fill that gap in the marketplace by providing a cost-effective investment option for such clients.

THE CANADIAN PRESS



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ROSEMARY WESTWOOD

metroview

Porn's lost its power to shock. That could save some money.

The ubiquity of online pornography has spawned an ironic turn of events.

To explain, take the case of the Barriere & District Chamber of Commerce, which found its website had become a porn hub earlier this month.

The chamber, set in a tourism and alfalfa-growing town of less than 2,000 in B.C.'s southern interior, had let the domain name barrierechamber.com lapse. It was then snapped up by Al Perkins, an apparent domain-name scalper who lives on an island off the coast of Normandy and looks for lapsed domains to exploit. He leased the domain to PornoLaba and asked for a reported \$9,700 from the chamber to get it back ("It's just pure business," he told the National Post). Otherwise, it would be all gagging, fantasy and college porn, all the time.

But the chamber, after a rejected \$500 counter-offer, did not die of shame. It just started another website.

So did White Rock realtor Jacquolyne Tomsin, when she found that her website had turned into a home page for "Rude Space — the adults playground." According to a Peace Arch News report in 2013, Tomsin wouldn't give Perkins the \$1,000 he requested.

What this says to me is that Internet-pranksterdom and graphic online porn are now

so common, we expect home buyers in White Rock or businesses in Barriere to understand if they click a link and up pops a spanking fetish.

"Ah, just some more unwanted online pornography clickbait," they'll say.

According to estimates from the researchers behind A Billion Wicked Thoughts, a book about online sexuality and neuroscience, porn accounts for about four per cent of websites and 13 per cent of web searches.

And while buying up lapsed domains is a legitimate business, the strong-arm porn tactics for selling domains back to their original owners are looking increasingly weak.

Not only is porn's power to shock diminishing, it's also losing its aura as an untouchable force on the internet.

In a first in Canada, Manitobans can now sue people who distribute nude photos of them online against their will, under new legislation targeting child pornography and revenge porn that took effect yesterday. Many U.S. states also have revenge porn laws. The rest of the country would do well to follow suit.

There's no need to feel held hostage by an opportunist with erotic tastes, and there's no reason to deny victims exploited via porno sites their due justice. Porn might be ubiquitous, but we're not helpless.

THE BIG THING: THE WORLD ECONOMIC FORUM

Davos. Just the word evokes images of the world's biggest bigwigs, meeting on top of a secluded Swiss mountain, discussing the future of the world economy and comparing the sizes of their enormous piles of money. But the World Economic Forum is much more than that — and this year, Canada will be front and centre at the global gathering. It begins Wednesday.

WHAT YOU NEED TO KNOW

The World Economic Forum is an annual meeting of more than 40 heads of state and 2,500 business leaders and other movers and shakers — some of the richest and most influential people on earth.

It's often referred to as "Davos," the name of the small resort community where it's held.

Canada is making a point to have a strong showing at the conference in hopes of creating economic opportunities for the country.

The anti-capitalist protests and controversies that once surrounded Davos have eased.

The theme this year is about how digital technology is transforming every aspect of life — what some have termed the "Fourth Industrial Revolution."

Revolution redux

Attendees (Davos is invite-only, of course) have each been sent a copy of The Fourth Industrial Revolution by Klaus Schwab, the founder of the World Economic Forum. In his view, the first industrial revolution was the birth of water and steam power, the second was mass production and mass media and the third was the digital revolution. And in the fourth — the one we're in now — technology is being fused into almost everything in the physical, digital and biological worlds. How will the global economy react when "smart factories" replace jobs and vehicles start driving us to work? That's what world leaders and business giants are putting their heads together about.

SOURCE: DON TAPSCOTT/
SPECIAL TO TORSTAR NEWS
SERVICE

THE BIG NUMBER

5

That's the number of cabinet ministers who will accompany Prime Minister Justin Trudeau to Davos this year. This move is seen by many as a way to showcase Canada's economy to the rest of the world at a time when one of its most lucrative industries — oil — is taking a nosedive steeper than any alpine peak.

\$

Calming down about capitalism

Massive crowds of anti-globalization protesters were once as common a sight at Davos as conservatively cut suits. In the 1990s and early 2000s, hundreds of thousands of people marched in Switzerland and cities around the world to draw attention to the social and environmental costs of the global free market. In 2003, fuelled in part by anger about the escalating Iraq war, demonstrations descended into riots in the Swiss city of Bern. In recent years the crowds have dwindled to a few hundred — and they aren't allowed anywhere near the conference.

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EXERCISE

Use a staircase to loosen up those hips

Learn how to make peace with your pelvis using a do-it-anywhere exercise called the Hippy Hangout. This movement multi-tasker is as efficient as it is effective. It liberates your hip flexors on one side, while bolstering the outer hip muscles on the other side.

1. Holding onto a wall or railing for support, stand sideways on a flight of stairs with one foot on a tread and the other foot dangling in space.

2. Taking care to level your hips, imagine your dangling leg attaches to your body just underneath the bottom ribs, rather than at the hip. Relax the leg and let it hang heavy.

3. Begin to passively sway the leg without using any real muscular effort. The movement should be slow and pendulous as if you were wearing a clog made of gold.

4. Hang out with gravity for 30 seconds, or until the outer hip of the standing leg fatigues.

5. Step down and feel the difference between your legs as you take a few exploratory steps.

6. Repeat on the other side.

Use the Hippy Hangout to improve pelvis stability, eradicate hip and low back pain and access your happy place.

TORSTAR NEWS SERVICE



Stretch your yoga practice into daily life



+ ON THE GO

Work your core

This is a "tune-up" exercise to strengthen your core that you can do anywhere, even on public transit.

1. Sit or stand with good posture.
2. Inhale deeply to swell belly and chest. Retain the breath inside.
3. Against the resistance of the held breath, engage and pack in your core muscles to hug your spine from every possible angle. It'll feel like a blood pressure cuff tightening around your torso. If you feel your chest, belly, waist and low back with your hands, the tissues will be taut below the soft stuff at the surface. Fake a cough to engage the muscles further. This is your Totally Tubular Core.
4. Without releasing the awareness or muscular engagement, exhale and continue to breathe normally. Find the balance between full breaths and the cylindrical cushioning and support offered your spine.

YuMee Chung is a recovering lawyer who teaches yoga in Toronto. She is on the faculty of a number of yoga teacher training programs and leads international yoga retreats. Learn more about her at padmani.com

JOHANNA SCHNELLER WHAT I'M WATCHING

A heartbreaking, poetic farewell

THE SHOW: Truly, Madly, Deeply (YouTube)
THE MOMENT: The poem scene

Jamie (Alan Rickman) died, but his widow Nina (Juliet Stevenson) mourned him so abjectly that he returned. Gradually he showed her that living with a ghost wasn't living. Now he's saying goodbye.

"How's your Spanish?" he asks her. "There's a poem I want you to translate." He begins to recite Pablo Neruda's The Dead Woman. She translates aloud.

"Forgive me, if you are not living," she says. Recognition dawns in her eyes: "I know this poem," she says.

He keeps reciting, she keeps

translating. "If you, beloved, my love, if you have died/All the leaves will fall in my breast/My feet will want to march to where you are sleeping." Here she interjects, "Your accent's terrible." She moves to him. "My feet will want to march to where you are sleeping," she repeats, her eyes locked on his. "But I shall go on living."

"Do you want me to go?" he asks. "No!" she cries. "Never, never." They embrace.

After Rickman died last

week, I called up this scene from his 1990 film, one of the most achingly romantic goodbyes in moviedom. Only some-

one as clever — and probably British — as the late writer/director Anthony Minghella could base a throat-tightening farewell around poem translation (leavening it perfectly with that accent crack). And only Rickman, with his delicious languor and panther-purr voice, could pull it off so swoonily.

Contained emotion was a Rickman specialty, but here he lets it spill over, giving us permission to weep with him. And for him.

Rest in peace.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.



Alan Rickman delivered one of the most aching goodbyes in cinema. CONTRIBUTED

RESEARCH

Heart attacks deadly for those living on 15th floor or above

Cardiac arrests happen most often at home. Researchers knew that.

What they didn't know, until now, is this: If your home is a highrise, the higher your floor, the lower your chance of survival.

A new study published Monday in the Canadian Medical Association Journal examined five years of health data from the City of Toronto and Peel Regions — selected because of high population density.

Specifically, researchers wanted to see what effect “vertical delay” played on life and death when someone called 911 to report a cardiac arrest.

Can floor level actually determine a person's likelihood of survival?

The short, conclusive and alarming answer is yes.

Researchers examined nearly 8,000 cases of cardiac arrest between 2007 and 2012. Survival was 4.2 per cent for those living on the first or second floor.



The high risks of living in a highrise

They found those who lived between the third and 15th floors had a 2.6 per cent chance of surviving to hospital discharge.

Survival was “negligible” — less than one per cent — for those living on floor 15 or above.

There were 30 residents in the data that went into cardiac arrest on the 25th floor or above.

“They all died,” said Dr. Laurie Morrison, a scientist at St. Michael's Hospital and one of the study's authors.

Researchers studied the data to see if there were any particularly “toxic neighbourhoods” where residents were more likely to die of cardiac arrest.

But there were no conclusions to be drawn from geographic or socioeconomic factors.

“It doesn't matter whether you're poor, middle class or high class, it's just the vertical that makes a difference,” said Morrison, who is also director of Rescu — a group that studies out-of-hospital emergency health care.

When first responders arrive at a condo or apartment building, access barriers can delay the amount of time it takes them to reach a patient.

In some cases, the building is inaccessible from the outside or an elevator is unavailable.

Typically, there is no defibrillation device on scene to allow a bystander to help restart the resident's heart before emergency crews arrive.

Survival rates decrease seven to 10 per cent with every one-minute delay to defibrillation.

THE NUMBERS

There were 30 residents in the data who went into cardiac arrest on the 25th floor or above. They all died, the study author said.

“As more highrise buildings are built, in response to the demand for affordable

condominium and rental properties,” the study noted, “the negative impact on community survival may increase.”

The study suggests a few interventions that may increase survival rates in high-rise buildings.

Fire departments have a universal access key that gives them sole and immediate access to elevators but paramedics do not.

Expanding this access to paramedics, who may be first on scene, should be an easy fix, researchers say.

“Availability of a universal key seems like a simple intervention but it has remained unaddressed for decades,” the study reported.

The study also calls on landlords, property management companies and condo boards to consider purchasing automated external defibrillators for their buildings and training staff in their use.

TORSTAR NEWS SERVICE

MAKING A MURDERER

Filmmakers talk trial by media

The filmmakers behind Netflix's *Making a Murderer* say they expected a backlash that would lead people in the media to demonize Steven Avery, the Wisconsin man whose prosecution in the 2005 death of a woman formed the centerpiece of the 10-part series.

Laura Ricciardi and Moira Demos, at a news conference on Sunday, sought to deflect discussion on the question of Avery's guilt or innocence and instead pointed to questions raised about the criminal justice system in their film.

Making a Murderer has followed the NPR podcast *Serial* and HBO's *The Jinx* as a compellingly told true crime epic, leading many people who have seen it to take up the cause of Avery, who served 18 years in prison following a wrongful conviction of rape and two years after his release was charged in the death of photographer Teresa Halbach. The documentary questions whether Avery was treated fairly.

Yet prosecutors — who the filmmakers say declined their request to participate in *Making a Murderer* — have claimed the film omits physical evidence against Avery. A former fiancée of Avery's, Jodi Stachowski, told HLN this week that Avery was “a monster” who had threatened



Laura Ricciardi (left) and Moira Demos (right) with Iris Ng (centre) on the set of *Making a Murderer*. NETFLIX/CONTRIBUTED

to kill her.

“The media are demonizing this man in order to prove his guilt,” Ricciardi said.

They said, however, that they expected a strong reaction. Although they said they were filmmakers, not prosecutors, they said they tried their best to reflect all of the facts in the case. Previously, they told Stephen Colbert on CBS' *Late Show* earlier this month that they believed he was not guilty. Ricciardi said she would not want to be treated by the criminal justice system the way Avery was.

“We did not consider this ad-

vocacy journalism in the least,” Demos said. “We are not taking sides. We don't have a stake in his character, in his innocence or guilt. That was not the question that we were raising.”

She said that “if you watch the series, I think it's clear that the American criminal justice system has some serious problems and that it is urgent that we address them.”

Avery has recently filed an appeal of his conviction.

“We are ready to follow if there are significant developments and we are looking at other stories, as well,” Demos said. THE ASSOCIATED PRESS

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LEARNING CURVE

Stay hot during your winter semester

Whether you came back from the break feeling recharged or maybe still catching up on sleep, the winter semester is here. And to make the most of it, students are planning on ways to improve their grades and time management skills, and remembering to enjoy school, too.

"I want to learn to sleep better and work out," says University of Winnipeg student Trisha Navidad. "Basically, I'm going to make sure to challenge not only my brain, through studying. I'm also never going to schedule my classes at four in the afternoon with night classes again."

She says she's a little nervous coming back for a new semester, but more excited than anything. With still a few years to go, Navidad wants to master the fine balance between focusing on school and not letting it be the only thing in her life.

"I think my biggest goal in attending university is getting my dream job, which is either a career in PR in the tourism or film



ALANA TRACHENKO

industry," she says. "But I think my other goal is to become the person I want to become and develop good habits."

Navidad says it's a steady learning process, in and out of the classroom.

"Now I know that at 4 p.m. there are less

people on the bus and you can actually get a seat."

UW student Adrienne Tessier also wants to strike a balance between school and all of her extracurriculars, including coaching debate, working with non-profit organizations and her

three jobs.

"It's a bit crazy," she admits. But Tessier says she loves the academia setting.

"I'm going to see this term as a continuation of my first term successes, and not see it as a new start," she says. "Seeing this term as a part of a longer journey helps me to keep things in perspective."

With just a bit of her degree left, Tessier is getting a lot out of the smaller class sizes and various elective classes.

"I love small class discussions, and let's be honest, learning about esoteric interests is the best part of university," she says. "I want to take opportunities as they come. This may mean something academic like going to a conference, or even just an opportunity to create meaningful friendships."

She says she's already excited for next year and plans on submitting a couple of papers to peer-reviewed journals.

— ALANA TRACHENKO

Become a member of a medical office team

In a medical office, the administrators are the backbone of the practice. Proper administration, knowledgeable and capable staff, and caring interaction with patients are essential to the success of any clinic.

Students with an interest in science, medicine, and working with the public are finding medical office assistant to be a fulfilling career choice where their skills are

valued.

Medical office assistants use their solid base of knowledge in the field of medicine, including human anatomy and medical terminology, to provide the critical help patients need to navigate their treatments and the health care system.

The workplace options for medical office assistants are rich and rewarding. You can

work in environments including doctors' offices, clinics, and hospitals.

If you're looking to get into this challenging and exciting field, the Medical Office Assistant diploma program at CDI College is a great place to start.

Students also come away from the program with the skills they need to become an efficient and effective part of the team, from administrative skills including Microsoft Office Suite, to specialized, hands-on courses like Medical Billing.

In the final phase of the program, students put these skills into practice through a practicum in a real-world medical office. By the time they graduate, they're ready to take on a career as a medical office assistant.



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For more information on CDI College's Medical Office Assistant diploma program, call 1-800-360-7186 or visit study.cdicollege.ca.

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Herzing media course convenient

Over the past few years, careers in social media have been increasing drastically, therefore leading more and more individuals seeking out education in this area.

Through the media co-ordinator program offered at Herzing College, students can learn the skills they need through a new FlexEd program to enter into this field.

"This makes it more convenient for students who would like to take the course but can't commit to regularly attending class at the campus," says Jenna Boholij, spokesperson for Herzing College, Winnipeg.

"Our FlexEd program format offers the best of both worlds — a convenient online learning environment with the option to work at the campus and receive support from your instructor."

The media coordinator program is designed to provide students with a wide range of marketing skills including, social media, and online marketing, advertising and communication techniques.

Areas of study include social media fundamentals and strategizing, communication and writing skills, marketing and advertising, graphics and web management, basic video skills, crisis management, and search engine marketing.

This new delivery format offers students the opportunity choose to work completely or partially online and come to the campus during set hours each day to meet with their instructor and use the Herzing facilities.

Students are also in control of their own schedule, and they are able to change it from day to day, and week to week, throughout the program.

Boholij says there are a number of reasons people have been considering pursuing a career in this field and have chosen Herzing for their training.

"In addition to having more time to study, students enrolled in an online social media coordinator program also have the advantage of having their computer within reach at all



ISTOCK

times," Boholij says.

"Their online tutorials take them through all aspects of social media marketing, such as web management and search engine marketing, students can use the web to find real-life examples, familiarizing themselves with the

topics being covered as they progress."

To find out how to try the FlexEd option risk free for up to three weeks, contact the school through the website.

For more information about this program, please visit Herzing.ca/Winnipeg

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Red River College distributes careers

Certificate program meets current demands

Like the ever-evolving world of supply chain, the warehousing distribution certificate program at Red River College has been designed to meet the ever-changing needs of the industry.

The new warehousing distribution certificate is intended to prepare students for a variety of entry level and intermediate positions warehousing and distribution positions in the supply chain industry at large.

"Traditionally, this is a sector that has lacked formal education or training, where almost all of the learning has been done on the job," says Sam Levy, program manager, Industry and Transportation, School of Continuing Education, RRC.

"The warehousing community has stated a need for workers to come into the field already trained, so that they may take on positions of greater responsibility and be better equipped to advance within an organization."

This eight-course program consists of seven part-time theory based courses, and a 250 hour hands-on practicum.

Throughout the program, students will learn how to handle inventory and utilize distribution systems and processes, how to interpret and complete a variety of industry specific documentation, how to use a variety of tools, equipment, and technology specific to the field, health and safety procedures in a supply chain environment, security practices that are integral to the distribution environment, and the personal and professional competencies for career success and advancement.

Upon completing this program they will gain the essential skills, knowledge, and experience needed to enter the field and advance over-time.

"Our program is the only one of its kind in the province that offers fully comprehensive



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training on the warehousing and distribution sector," says Levy.

The program will be delivered part-time in class during the evening, except for the practicum where the student will be onsite during the company's normal operation hours.

Courses for the program will start Fall

2016, and run during the fall, winter, and spring sessions.

"We will also be exploring the possibility of delivering some courses by distance in the future, in order to allow those within rural areas to also take this program," says Levy.

For more information about this program, visit rrc.ca/dtn



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Get a taste of a massage therapy career

Now that the holiday season is over, now is a great time to start thinking about self-growth and development.

Through the introduction to massage therapy workshop offered through Wellington College, individuals have the opportunity to get a taste of what a career in massage therapy might be like and if it is suited to them.

"It is great for those looking for a career change and considering massage therapy," says Tricia Neill, operations manager, Wellington College.

"This workshop allows the public to "test drive" massage therapy by learning some of the basic techniques."

This workshop is also great for an overview of what massage therapy is and why it is so beneficial.

Massage therapy affects muscles, circulatory systems and nerves while promoting health and well-being.

This workshop will provide the student with the skills and techniques to give a good, basic massage of the back, neck, shoulders, head, hands and feet.

"Even if you are not looking to become a



ISTOCK

massage therapist, this workshop will allow the student to be confident in their approach and understanding of what they are doing and by the end of the day be confident to

perform a basic body massage for family and friends," says Neill.

During the one-day workshop, all individuals will give and receive a massage.

TWO OR THREE YEAR PROGRAMS

Wellington College has had a long and highly respected history of training in remedial massage therapy.

Wellington College offers two programs for those interested in becoming registered massage therapist; the two-year full time program, or the three-year distance education program.

A comprehensive Power Point print out will also be given to each student to take home and each individual will receive a letter of attendance.

The next introduction to massage therapy workshop will be held on Jan. 23 from 9 a.m. until 4 p.m.

The workshop is open to the public and does not require individuals to have any previous experience in this field.

To register for this workshop or to find out more information, call 204-957-2402, or visit wellingtoncollege.com.

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MITT takes trades into a higher gear

It was the love of sledding with her brother that led Jenna McIvor to enroll in the motosport technician program at Manitoba Institute of Trades and Technology (MITT).

As one of the only two women in her class, McIvor says she initially felt intimidated.

“On the first day, the instructor asked us all what our previous experience was and all the boys had some kind of experience working with their fathers or working with tools,” McIvor says. “I came in completely blind and the instructor had to start from scratch with me.”

Now almost halfway through the 10-month full-time program, she says she has really enjoyed her instructor and classmates and has developed a real passion for repairing snowmobiles.

The motosport technician program is about learning how to service and maintain, diagnose and rebuild all vehicles and products included in this trade.

The most familiar of these are: motor-

cycles, snowmobiles, ATV's, personal watercrafts, and outboard motors.

Once McIvor completes the program, she hopes to gain employment at a local snowmobile dealership and possibly open her own repair business back home in Sandy Bay one day.

McIvor says she recommends this program to other because of the hands-on learning, work practicum and quality of instructor.

Having worked in the industry for 20 some years, Geoff Ives, sole instructor and creator of the motosport technician program, felt that there was a huge need and demand for qualified entry level technicians.

“In 2006, I pitched the program designed by me to what was then Winnipeg Technical College,” says Ives.

The program has been set up like a dealership in real business life.

“Students learn theory in the classroom,



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then they apply the theory in practice in the shop,” Ives says.

This program features technical programming along with the parts and service experience related to industry to maximize students' employment opportunities.

The shop has 12 fully-functioning

work bays, fabrication, welding and a fuel injection test lab equipped with a chassis dynamometer.

“MITT has a great full service student success area to support our students,” says Ives.

For more information about the motosport technician program, visit www.mitt.ca.



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MITT Motosport student



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New image for law enforcement academy

This New Year, Northwest Law Enforcement Academy is very excited to show off its new image designed by marketing executive Andre Thibeault, which may be seen on billboards and buses across the city.

“This is a great start to a new year with a new look that let’s everyone know that we’re a progressive dynamic organization who prepare students for a career in law enforcement,” says Victor Popow, CEO, Northwest Academy.

Along with the Northwest’s new image comes new programs that Northwest is actively engaged in developing, such as harassment or PTSD workshops (one scheduled for January 28th) with Dr. Douglas Tataryn.

This workshop is specifically targeting designed to help from EMS, law enforcement, firefighters, educators and medical people who may be dealing with trauma.

Northwest Law Enforcement Academy has been at the forefront of law enforcement training since 2001.

“The opportunities for people are abundant,” says Popow, who states that there are

many organizations across Canada such as the RCMP, Ontario Provincial Police, Corrections and Canadian Border Services as well as many private security agencies who are actively looking for mature, capable and well trained individuals.

What makes Northwest different from standard training schools is the fact that it has experienced retired Winnipeg Police Services, Canadian Border Services, RCMP, Corrections professionals who deliver the courses.

“This is absolutely key as students learn directly from the people who have extensive knowledge and experience of police operations, forensics, homicide, undercover work, organized crime, smuggling and firearms to name just a few,” says Popow.

Popow says the accelerated but demanding program condenses two years into eight months and that’s yet another reason people come from all over Canada is to get into a program that will prepare them for employment.

Additionally, Northwest is proud of the partnership with the Downtown Watch where



CONTRIBUTED

students are required to complete practicum hours patrolling the streets.

“What law enforcement is looking for are people who contribute to society and are act-

ively involved in their community, volunteering helps people add this important component to their competencies,” says Popow. For more information, visit northwestlaw.ca.

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POLICE
RCMP
**CORRECTIONS
OFFICER**
**CANADIAN BORDER
SERVICES AGENCY**

PACE grad excels with branding strategy

“What’s the worst that could happen?” Lauren Swan thought when she decided to jump into starting up a Winnipeg music festival in just a matter of months.

For the PACE (University of Winnipeg’s Professional, Applied and Continuing Education) public relations marketing management graduate, she was looking for a position in branding, but every place she looked at required years of experience before they would even consider her resume.

“So I created my own experience, and am now being approached by companies and artists (Sled Island, We Speak Music, Junofest, Royal Canoe) to consult on and develop their marketing strategies,” says Swan.

The idea for the festival came from her friend Stefan Braun, who dreamed of starting a music festival in Winnipeg featuring primarily local bands. Swan had just finished my internship with the program and was eager for a new project and this was the moment the Big Fun Festival was born.

“What I learned in the PRMM program was a real asset to this process,” says Swam.

“I had to create a recognizable brand with a strong enough pull to get people to leave their

homes in the dead of winter.”

Swan says everything was strategic; they started with guerilla outdoor marketing where they postered all of central Winnipeg and the universities with just the logo in October.

“Without a Facebook page or a website available at this point, it started the rumour mill going,” says Swan.

“This was invaluable when we eventually launched our website and Facebook page, letting the city in on our secret.”

From there, the team went with outdoor media, print media and social media to create buzz and relay all information during the last two months before the festival took place.

“Year one was a huge learning curve,” says Swan.

“In year one we broke-even, which is virtually unheard of for a first year festival, and we have grown steadily ever since.”

Now with a successful career running her own business, this PACE graduate advises other graduates to have faith in themselves and take the leap. “You know more than you think you know, and yet still have so much to learn,” says Swan. For more information, visit pace.uwinnipegcourses.ca.



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GRADUATE - DENNIS BATACAN
Supervisor, City of Winnipeg

PACE.UWINNIPEG.CA

Education is right at your finger tips

With most schools now offering programs online, it is easier than ever to pursue a higher education at the touch of a button.

Robertson College Online Campus provides students the ability to work on an education with the flexibility of learning at home or the office.

"Online eliminates the all of the commute hassles and lets you focus on learning in your own environment," says Keith McConnell, BA, MBA director Online Campus Canada, Robertson College.

"Online learning has evolved and Robertson Online is committed to providing you a truly interactive educational experience - we are here to help and guide you, your success in our success."

Robertson Online programs and certificates provide students with the industry skills to be career ready in less than a year.

Online education provides the ability to enhance your education and skills while still

working or while living in a remote community. Even those students living in remote areas, and all online students, have access to all the same resources as traditional campus programs, admission advisors, student services, instructors and career services.

"Robertson College Online is available coast to coast, so if you or your family is transferred from one province to another we can continue to support you in your education," says McConnell.

"With accredited programs our students are eligible for student aid."

Robertson Online has a full support team to help online students throughout their studies.

"We help guide you through every process for the very first call, text or email," says McConnell.

"All our online courses are accredited and contain the same content as our physical campuses."

Robertson Online course integrate the most



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recent learning management systems and tools to enhance the education experience.

Robertson College is continually working on new programs and courses relevant to changes in all faculty areas, business, IT and health care with over 14 programs offered online.

The recently launched community ser-

vice worker program is an example of how Robertson College Online is expanding their programs to meet the needs in all our communities.

For more information about Robertson College Online, visit robertsoncollege.com/online-studies.

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Start your resumé before your career

In a competitive job market, education is just one piece of the puzzle — experience is often just as important. Getting experience while still being a student can be challenging, but it's worth the effort to set yourself up for a potential job later.

"You gotta be creative," says career development specialist David Cataford from the University of Calgary. "You have to volunteer, you have to be proactive, you have to make connections."

Cataford says that social media is a good start to researching potential employers and the people you'd like to connect with professionally, but it shouldn't stop there.

"I like old-fashioned: meeting people face to face," he says. "So send an email but follow up with a phone call and try to meet in person."

Cataford suggests scouting out events and places where you might be able to meet people from the industry and learning more about whatever it is you're pursuing. Doing

research and getting familiar with your potential employers will help you make an informed decision when it comes time to take a job.

He adds that if there's someone you'd like to meet who you think might give you some direction, reach out and ask them for coffee, but be courteous.

"If you're genuine about the way you approach these people, they'll help you out," he says.

"But fit within their schedule. Everybody in Calgary is overworked with all the layoffs, so you have to be really patient and persistent."

And lastly, try to either work or volunteer in your field, even if it's only part-time.

"If a student wants to be a pharmacist, well OK, practise being a pharmacist, get a job at a pharmacy, go talk to a pharmacist," he says. "And if you can't get the job, volunteer. Maybe you can shadow."

— ALANA TRACHENKO



ALANA TRACHENKO

Future bright with Faith Learning Centre



CONTRIBUTED

Life is hard, and many obstacles arise to stop the dream of completing high school and getting a job. The teachers and staff at Faith Learning Centre, understand life's challenges, and their number one goal is to encourage their students to never give up. The teachers take a personal interest in every student, and provide the necessary course work to lead them to graduation.

Faith Learning Centre has been helping inner city students for many years, with a literacy program and a Mature High School program. Classes are small, so teachers have more time to work with their stu-

dents. Many students have learned the basics of reading and math, and the staff have rejoiced with over 100 graduates from the High School program over this time.

Manitoba approved curriculum in English and Mathematics is complemented by many other course options. A student assessment is used to place students into an appropriate course choice and course load.

The literacy stream has a continuous intake, while the Mature Grade 12 stream operates with two semesters, one beginning in September and one in February..

A modern building and classrooms are provided, along with the latest computers and software.

All over the age of 18 are welcome. The coffee is hot. Come on in and register.

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Computer Use Basics	Science 20F	Chemistry 30S – 40S	Western Civilization 40S	Hermeneutics 41G
Piano	Pre-Calc 30S – 40S	Physics 30S – 40S	Biology 40S	

220 Pritchard Avenue | Phone: 204-586-1416
www.gospelmission.ca

French centre keeps a positive setting

Early childhood, from birth to the age of five, is a crucial development period. That's why the Division scolaire franco-manitobaine (DSFM) has comprehensive French programs targeted during developmental years.

"We're saying, 'How can we ensure the child is in a stimulating environment for that period of time?' Because once that happens, the child will be more prepared for a lifetime of learning," says assistant superintendent René Déquier.

DSFM has 14 Early childhood & family centres and many daycares around Manitoba to expose children to the French language as early as possible to enhance their cultural and francophone identities. The DSFM offers full-time French curriculum in all of its 23 schools located across the province.

"The parents are the child's first teacher and they're the ones who create their child's first learning environment," he says.

The family centres have classrooms and resources, such as French language songs,

books and puzzles. The co-ordinators there offer parents a variety of programming on nutrition, physical activity, music, early literacy and intergenerational binding.

The centres also give parents and their children the opportunity to meet other French families in their community.

"Being a parent can be a very demanding job and parents need to be able to network with other parents and share ideas on how to help their children," Déquier says.

Once families leave for the day, they can visit the family centre Facebook page to continue to share resources.

"There's a network that has been created there and parents have access to a lot more resources when they pool them together," Déquier says.

Social interaction for children at that young age is very important, as well.

"They need to learn about themselves and about how to evolve in the greater group," Déquier says.



René Déquier says the Division scolaire franco-manitobaine offers early childhood programs for learning, networking and celebrating the French language. CONTRIBUTED

Déquier has seen long-lasting bonds in his family. His kids are in their 20s now and have friends they met when they were toddlers.

"That's very important and it's very healthy for the children," he says.

As the centres are located in DSFM

schools, they become familiar with the school system before they begin kindergarten.

"They feel at home when they're in school. They know the building, they've probably met some of the staff. It facilitates the transition to school life."



Ici, je peux apprendre et grandir en français!
Here, I can learn and grow in French!



INSCRIPTION À LA MATERNELLE KINDERGARTEN REGISTRATION

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La Division scolaire franco-manitobaine se distingue par :

- sa maternelle à temps plein,
- la grande qualité de son programme d'éducation,
- ses activités sportives et culturelles diversifiées,
- la qualité élevée du français de ses diplômés.

The Division scolaire franco-manitobaine stands out for:

- its full-time kindergarten;
- the great quality of its educational program;
- the diversity of its sports and cultural activities;
- the high quality of French of its graduates.

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Register for first Spanish program

Students starting kindergarten in the fall can now register for Winnipeg's first Spanish bilingual program.

"It's not just for those who are connected to Latin America," said Kathy Heppner, who's a co-founder of the proposal for the program along with Eugenia Lehmann. "It's for all different kinds of families who may not be from a Spanish-speaking country," she said.

"The certified teacher, who's very well trained, will be receptive to the students and their needs," Heppner said.

Spanish is one of the fastest growing and one of the most widely spoken languages in the world. "Being bilingual is invaluable. It creates life-long learners and global thinkers," Heppner said.

The kindergarten class will be a half-day all in Spanish. Once the class graduates from kindergarten, the program will continue to Grade 1 until Grade 12. Half the day will be taught in Spanish and the other half



CONTRIBUTED

will be taught in English. The program will be offered at Earl Grey School through the Winnipeg School Division. If space allows, students outside the division can attend. Twenty students need to register by Jan. 29 for the program to start in the fall.

Kathy and Eugenia will be hosting an information meeting at Glenwood Community Centre on Jan. 24 to provide information on this program, registration forms, and the expansion to additional grades, schools, and divisions.

Contact winnipegspanishimmersion@gmail.com, or 204-887-4572.

AIM FOR SUCCESS AT WMEMS

Success in life doesn't just happen — it's achieved. Students at Winnipeg Mennonite Elementary & Middle Schools learn that the effort they put into something, directly affects their results. They also learn that success is not limited to their academic areas of study, but in all areas of life.

Lawrence Hamm, Superintendent and CEO of WMEMS' two Winnipeg campuses says, "The early and middle years are the most important in your child's education. It lays the groundwork for everything that comes afterwards. In other words, investing in your child early on, can help prepare them for all the life challenges they will face along the way."

WMEMS is focused on developing the whole child through academic, athletic, emotional and spiritual growth, including lessons that are infused with Christian values. The schools have developed a program that is rich with opportunity and enhances a child's likelihood for success in all areas of their future.

This foundation for success is evident in WMEMS' graduates. Lawyer William Gould attended WMEMS for K-8.

"My experience at WMEMS was very positive," says Gould, adding, "it was a formative



Current WMEMS student Cole Robertson takes aim at fall camp. CONTRIBUTED

experience where I was able to make life-long friendships.

"In addition to the academics, I benefited greatly from WMEMS' focus on religion/spirituality, community and the nurturing environment."

WMEMS' commitment to its students continues with the introduction of an alumni scholarship. For more information, visit wmems.ca/scholarship

We were successful on behalf of our community

Spanish Bilingual Program

Starts this September 2016 at Earl Grey School

Registration is only open from January 4th – January 29th 2016.

Join us on

Sunday, January 24th

at 2:00 p.m.

**Glenwood Community Club
27 Overton St
Winnipeg MB**

Come to an **information meeting** about this program and its expansion.

With your help this program could start in additional grades, more schools and other school divisions!

Contact: Kathy Heppner and Eugenia Lehmann
winnipegspanishimmersion@gmail.com and 204-887-4572
Like us on Facebook: Winnipeg Spanish Immersion



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1-3pm & 6:30pm

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Thursday, Feb 4, 2016

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26 Agassiz Dr

in Ft. Garry

204-261-9637



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— WMEMS.CA —

WMEMS.CA



The B.C. government reports a cost of almost \$5 million to process hundreds through the justice system after the Stanley Cup riot

NFL

Panthers face ban on trendy gadget

Carolina Panthers coach Ron Rivera has banned hoverboards from the team's facility, fearing players will get injured.

Rivera says, "You see those caught a couple players 'drag racing' in the hallways of the stadium and wasn't thrilled."

Rivera says, "You see those things on YouTube blowing up and stuff? That is what concerns me more than anything else — something crazy happening."

The Panthers (16-1) host the Arizona Cardinals on Sunday in the NFC championship and the last thing Rivera wants is someone falling off after getting injured. He also says the team has encouraged players not to ride them to work, but says there's little he can control outside of the facility.

"We try to limit their exposure to injury," Rivera said.

THE ASSOCIATED PRESS

TOP OFFENCE

The Panthers finished the regular season as the highest-scoring team in the NFL, and have scored at least 27 points in 14 of their last 15 games. All-Pro quarterback Cam Newton became the first quarterback in NFL history to throw for 35 touchdown passes and run for 10 TDs.



Jets Tyler Myers, Andrew Ladd and Connor Hellebuyck watch Jerome Iginla's second-period goal hit the back of the net Monday night. TREVOR HAGAN/THE CANADIAN PRESS

Avalanche silence MTS

NHL

Soderberg's two points lift Colorado

Carl Soderberg scored a goal and added an assist as the Colorado Avalanche defeated the Winnipeg Jets 2-1 on Monday.

Jarome Iginla also scored his 13th goal of the season and Semyon Varlamov made

36 saves for Colorado (23-21-3).

Joel Armia scored his second career NHL goal for Winnipeg (21-22-3) and Connor Hellebuyck stopped 31 of the 33 shots he faced.

The Jets again failed in an attempt to win a third straight game this season.

Playing the first game in a season-high six-game home-stand, the Jets were without injured forwards Adam Lowry, Mark Scheifele and Drew Stafford.

MONDAY In Winnipeg

2	1
AVS	JETS

Winnipeg outshot the Avs 12-10 in the scoreless first period. Both teams were 0-for-1 on the power play.

Colorado didn't waste time in the second period as Soderberg scored his ninth goal of

the season at 1:16 off a rebound. The Avalanche have scored first in 30 games this season.

Colorado boosted its lead to 2-0 on the power play after Jets forward Blake Wheeler was called for interference.

Soderberg sent a pass from beside the net out to Iginla, whose shot went over Hellebuyck's blocker when the rookie goalie couldn't get back over fast enough.

Wheeler had a shot hit the

post with five minutes left in the game. Winnipeg then went on the power play with Tyson Barrie in the box for tripping, but couldn't capitalize.

Armia scored with the extra attacker with 42 seconds left in the game.

The Avalanche have beaten the Jets in the first three of five games they'll play this season.

Winnipeg hosts Nashville on Thursday, while Colorado returns home to play Buffalo on Wednesday. THE CANADIAN PRESS

NHL

Kane's 7-point week earns first-star nod

Patrick Kane has been named the NHL first star of the week after his seven-point performance helped the surging Chicago Blackhawks extend their winning streak to 11 games.

Kane had four goals and three assists last week, including his first regular-season hat trick in a 4-1 win at Toronto on Friday.

He closed the week by recording one goal and one assist in a 5-2 win over Montreal on Sunday.

The Buffalo, N.Y., native leads the League in goals (29), assists



Patrick Kane
GETTY IMAGES

(40) and points (69).

Calgary Flames centre Sam Bennett is the second star after scoring six goals in three games.

Los Angeles Kings centre

Anze Kopitar had two goals and five assists in three games to claim third-star honours.

THE CANADIAN PRESS

IN BRIEF

Gordon inks five-year deal with Marlins

National League batting champion Dee Gordon signed a \$50-million, five-year contract Monday with the Miami Marlins.

Gordon led the NL in batting (.333), hits (205) and stolen bases (58) last season, his first in Miami.

"I instantly loved the way they treated me here," the 27-year-old second baseman said. "Signing an extension was pretty much a no-brainer."

THE ASSOCIATED PRESS

DeRozan on shortlist to make Team USA in Rio

DeMar DeRozan is a step closer to making his Olympic debut.

The star Toronto Raptors guard was among 30 players selected Monday as finalists for the U.S. basketball team that will attempt to win a third straight gold medal in Rio de Janeiro.

DeRozan joins an elite group including LeBron James, Carmelo Anthony and Stephen Curry, who is also in line for his first Olympic berth. THE ASSOCIATED PRESS

MATCH-FIXING REPORTS

Federer taking names Down Under

Roger Federer has heard enough speculation about match-fixing in tennis. If players are suspected of corruption, he wants names.

Federer was responding to reports by BBC and BuzzFeed News published Monday that tennis authorities have suppressed evidence of match-fixing and overlooked suspected cases involving players ranked in the top 50, including Grand Slam singles and doubles winners.

The reports said that none of these players had faced sanctions

and more than half would be playing at this year's Australian Open, which started Monday. The players weren't identified by name.

"I would love to hear names," Federer said after beating Nikoloz Basilashvili of Georgia 6-2, 6-1, 6-2. "Then at least it's concrete stuff and you can actually debate about it. Was it the player? Was it the support team? Who was it? Was it before? Was it a doubles player, a singles player? Which Slam?" THE ASSOCIATED PRESS

RECIPE White Bean and Sausage Cabbage Soup



PHOTO: MAMA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

- 1 Tbsp fresh thyme
- Pepper to taste
- 1/2 cup Parmesan cheese, grated

Directions

1. Pour olive oil into a large pot or Dutch oven over medium heat. Add the sausages to the pot and allow them to brown all over. Remove from the pot and set aside on a clean plate.
2. Add onions and garlic to the pot and cook them just until they begin to soften. Toss in the cabbage and stir it around for a couple of minutes.
3. Add the beans, stock, bay leaves and thyme. Return the sausage to the pot and allow everything to come to a simmer. Cook for 20 minutes and check seasoning.
4. Serve with a sprinkling of Parmesan.

FOR MORE MEAL IDEAS, VISIT
SWEETPOTATOCHRONICLES.COM

This hearty soup tastes like it took hours to simmer away even though it comes together in half an hour.

Ready in

Prep time: 10 minutes
Total time: 30 minutes

Serves 4

Ingredients

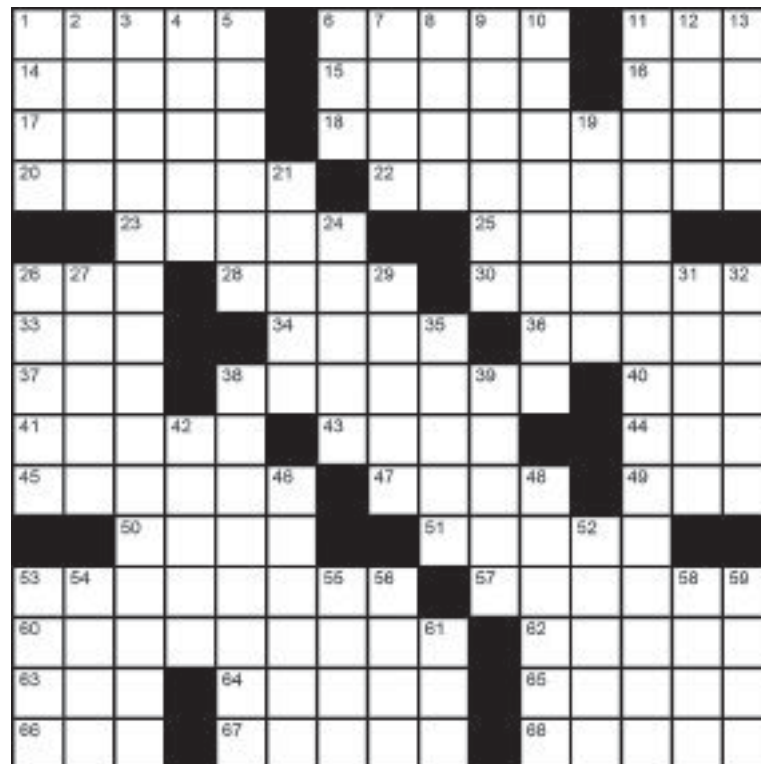
- 2 Tbsp olive oil
- 3 links of Italian sausage, sliced into bite-sized pieces
- 3 cloves garlic, minced
- 1 onion, diced
- 1/2 savory or green cabbage (about 4 or 5 cups), sliced very thinly
- 15 oz can cannellini beans
- 1 litre low-sodium chicken stock
- 2 bay leaves

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Desert 'trees'
6. Wheel-steadying wedge
11. Clamour
14. Oak ornament
15. Gawlk
16. Singleton
17. Update a route
18. Director of "Rose-Marie" (1936) in which Nelson Eddy plays a Mountie, ___-___ (b.1889 - d.1943)
20. Atomic Number 68
22. Country route: 2 wds.
23. Prefix with 'continental'
25. Skrillex/Diplo/Justin Bieber: "Where ___ Now"
26. She-bird
28. Unappealing food
30. "A-___ A-Tasket"
33. Hour: Italian
34. Jail money
36. Belonging to Sicily's volcano
37. Scoundrel
38. Gulf of St. Lawrence explorer Mr. Cartier
40. Lab eggs
41. R.E.M. singer Michael
43. Sweeties
44. Esthero's "___ in Need of a Musical Revolution"
45. James ___ (Scotty's Canadian portrayer on "Star Trek")
47. Prefix meaning 'Outer'
49. #22-Across' answer has 2
50. El ___ (Warm



ocean current)
51. Journalist Seymour
53. It lets you know who phoned without picking up the phone: 2 wds.
57. Based on the 1884 novel by Helen Hunt Jackson, this 1910

short stars Canadian actress Mary Pickford in the title role
60. ___ house
62. Ancient water nymph
63. Tape a TV show [abbr.]
64. Archaeological finds in Egypt

65. Cemetery excavation
66. 'S' in NYSE, shortened
67. Internet message
68. TV awards

DOWN

1. Maintenance

2. Top-notch
3. Gym-goer's item for keeping gear secure: 2 wds.
4. Railroad sight
5. Enters data
6. Compass dir.
7. After mil. combat affliction
8. Mr. Shankar

9. Mount ___ (Biblical peak for Noah)
10. Aristocracies
11. When responding to the officer... Card a celebrity might play to avoid a traffic ticket: 6 wds.
12. Jimmy Durante song: "___ Dinka Doo"
13. Require
19. Clothed, archaically
21. Peach ___ (Type of dessert)
24. Big bug, briefly
26. ___ oeuvre
27. Lyre-playing Muse
29. Stir, as curiosity
31. Having a roof overhang
32. Crowned heads, once
35. Sandwich time
38. Ms. MacDonald (Leading lady in #18-Across)
39. Compound in perfume
42. Mr. Collins'
46. We can't book you in, inn-style: 2 wds.
48. Grapefruit's pal
52. Feigned flat-tery
53. Midpoints [abbr.]
54. Use ___ cloth... (Cleaning instruction)
55. "___ la Douce" (1963)
56. Ms. Mazar
58. Sailors service
59. Fruity drinks
61. Fashionable monogram

★ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
No matter how ambitious and active you may be there are only 24 hours in a day and if you want to do more in one direction in the future you will have to do less in another.

Taurus April 21 - May 21
This is a good time to make plans — and promise yourself that this time you will succeed. If you know what you want and believe in yourself there is precious little you cannot accomplish.

Gemini May 22 - June 21
Do something positive. Cosmic activity will raise your spirits and make you believe that anything is possible. But while the planets may set the scene, it's up to you to play the part.

Cancer June 22 - July 23
You will find it easy to make the kind of difficult decisions that most people prefer to avoid. But you possess not just the ability to identify a problem but also the strength to do something about it.

Leo July 24 - Aug. 23
Take other people's opinions into account. If you make a genuine effort to cooperate, rather than to compete as you usually do, there is no telling how far you can go.

Virgo Aug. 24 - Sept. 23
You have to be sensible about what you do and how you do it. Focus on the two or three things that mean the most to you and put everything else on hold for a while.

Libra Sept. 24 - Oct. 23
The Sun moves into the most dynamic area of your chart tomorrow. You'll accomplish more if you have a clear goal. Aim to do what others say cannot be done.

Scorpio Oct. 24 - Nov. 22
The longer you leave what has to be done the harder it will be to summon up the energy to get started. Also, pay attention to what partners and loved ones try to tell you today. Don't be too proud to act on their advice.

Sagittarius Nov. 23 - Dec. 21
Your luck will take a turn for the better, not least because your attitude is becoming more positive. If you enjoy meeting new people you will be in your element.

Capricorn Dec. 22 - Jan. 20
Over the past few weeks you've had a lot of ideas and started many new projects, but if you want to be successful you must focus your energies in a single direction.

Aquarius Jan. 21 - Feb. 19
The next few days mark not just the start of a new solar year for you but also the beginning of a major new phase. Forget everything that has gone before. The only thing that matters is what comes next.

Pisces Feb. 20 - March 20
If there is something you need to finish then get it done today, because when the Sun changes signs tomorrow your mind will be onto other things.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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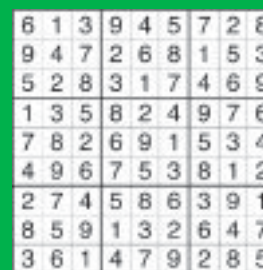
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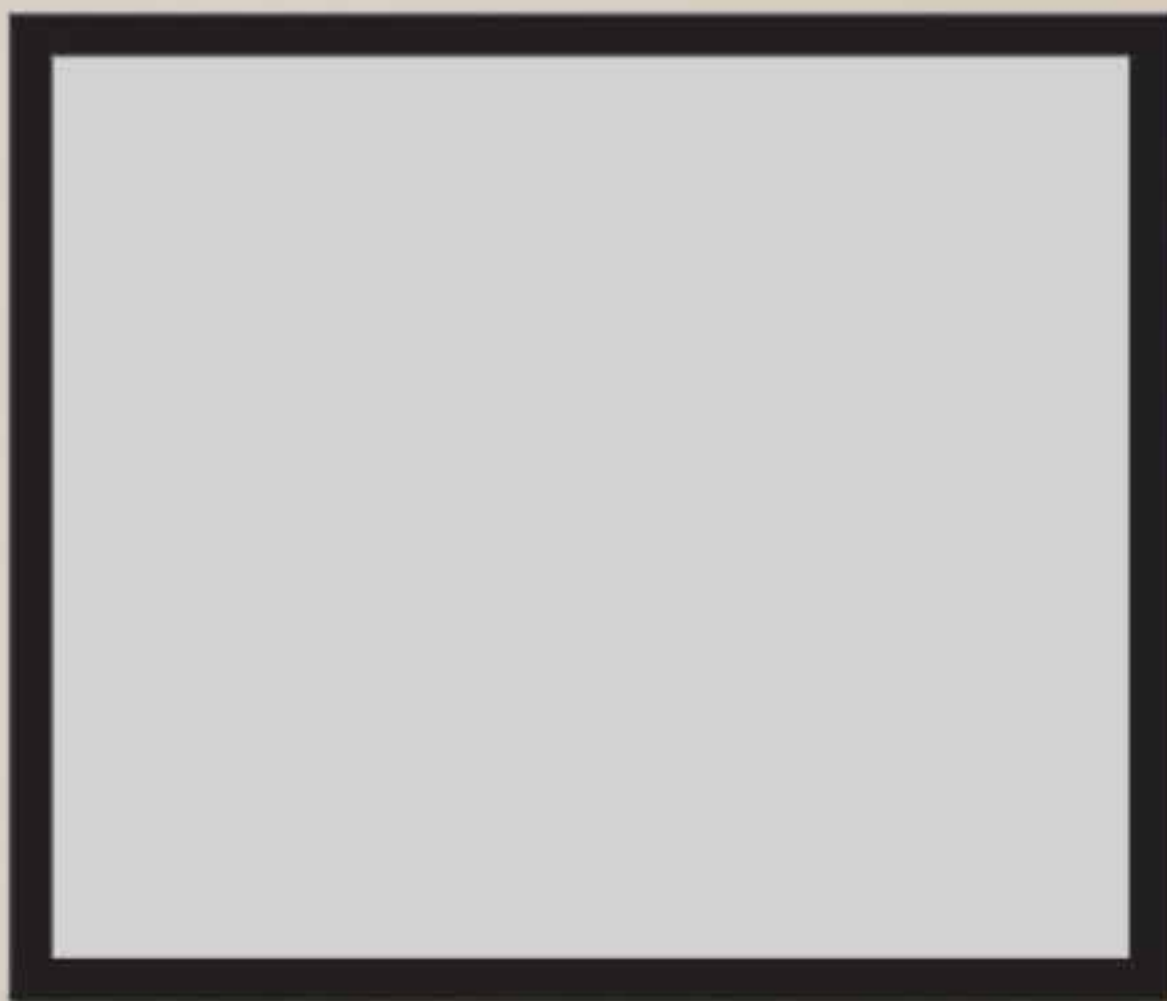
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